

ADHD IN ADULTS

Where to go when you're looking for help

Last Updated: May 2023

ADHD Organizations with Service Directories

Most treatment options for adults with ADHD are available not at ADHD-specific clinics, but through private therapists and clinics that offer mental health services for various issues. We do not promote or endorse any of the services listed here. We encourage you to research the options and ask as many questions as you need to about the practitioner's training, the service they offer and the cost.

Attention Deficit Disorder Association

Tel.: 1 800 939-1019

<https://add.org>

Services: Live webinars, directory of ADHD professionals and virtual peer support groups

Eligibility: Not applicable

Referral: Not applicable

Fee: Different membership packages are offered, each with varying costs

Note: This volunteer-run organization has no physical office or staff, so responses usually are not immediate.

Centre for ADHD Awareness Canada

366 Adelaide St. East, Suite 221, Toronto, ON M5A 3X9

Tel.: 416 637-8584

info@CADDAC.ca

<https://caddac.ca>

Services: General information about ADHD for all ages, an ADHD resource navigator, webinars, support groups, coaching programs, workshops

Eligibility: Not applicable

Referral: Not applicable

Fee: Free access to webinars and support group programs

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

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ADHD Assessment and Treatment

The ADHD Clinic

124 Merton St., Suite 402, Toronto, ON M4S 2Z2

Tel.: 416 304-1779

Fax: 416 304-0257

www.theadhdclinic.ca

Services: Psychoeducational assessment, cognitive-behavioural therapy, ADHD coaching (for getting organized, managing time and schedules, setting priorities), Cogmed working memory training, supportive group psychotherapy for parents, groups (e.g., meditation and yoga, mindful parenting)

Eligibility: Age 6 to adult

Referrals: Download the referral form from the website and fax it to 416 304-0257

Fee: Varies depending on program and activity

Note: Staff speak Spanish, Mandarin, Cantonese, Punjabi, Urdu, Hindi and English

BeWell Clinic

55 York St., Suite 201, Toronto, ON M5J 1R7

Tel.: 647 715-3900

info@bewellclinics.ca

<https://bewellclinics.ca>

Services: ADHD assessment in four weeks, conducted in person or virtually. This four-step process includes initial consultation, psychological assessments, a report, a diagnosis and a treatment plan.

Eligibility: Over age 18

Referral: Self-referral

Fee: Contact the clinic for details about cost.

Centre for Interpersonal Relationships

336 MacLaren St., Ottawa, ON K2P 0M6

790 Bay St., Suite 520, P.O. Box 87, Toronto, ON M5G 1N8

Tel.: 1 855 779-2347

ottawa.admin@cfir.ca (Ottawa office)

toronto.admin@cfir.ca (Toronto office)

www.cfir.ca/AttentionDeficitADHD.php

Services: The Attention Deficit and ADHD Assessment Service offers two types of assessment: a brief assessment that determines whether the person has ADHD and makes general recommendations; and a more comprehensive assessment that includes a report and provides ongoing therapy.

Eligibility: Children, adolescents and adults with attention issues or ADHD

Referral: Self-referral; family members can contact the centre; health care professionals and teachers can also refer. To schedule a consultation, complete the intake form: www.cfir.ca/InitialRequest.html

Fee: Free initial consultation. Other services not covered by OHIP but may be covered by extended health insurance. Assessment costs \$1,600 or \$3,200. Therapy ranges from \$70 to \$225 per hour.

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Dynamic Health Collaborative

778 Sheppard Ave. West, Suite 103, Toronto, ON M3H 2T1

Tel.: 647 347-5000

admin@dynamichealthclinic.ca

<https://dynamichealthclinic.ca>

Services: Four-month ADHD assessment and treatment program. The program offers techniques to support assessment, diagnosis and treatment based on individual needs. It includes eight therapy sessions, a 90-minute initial medical assessment and a 30-minute medical treatment plan meeting.

Eligibility: Book a free consultation here: <https://dynamichealthclinic.ca/free-consult>

Referral: Self-referral

Fee: \$600 for four-month package. Can pay for each session separately and cancel at any time.

JVS Toronto

74 Tycos Dr., Toronto, ON M6B 1V9

Tel.: 416 787-1151

services@jvstoronto.org

www.jvstoronto.org/?s=ADHD

Services: Project Gold helps adults with learning disabilities, including ADHD, build skills for securing meaningful employment. Includes return-to-work plan, employment skills workshops, job search support and help with disability disclosure to employers. Register here: www.jvstoronto.org/project-gold

Eligibility: Adults with learning disabilities, ADD or ADHD

Referral: Self-referral

Fee: No fee

Possibilities Clinic

1920 Yonge St., Suite 200, Toronto, ON M4S 3E2

Tel.: 1 833 482-5558 or 416 482-5558

Fax: 1 833-484-8999

www.possibilitiesclinic.com

Services: Focus Forward 360 is an assessment that includes extensive testing, data collection and clinical interviews by medical experts to diagnose an attention deficit disorder. Based on the findings, the service recommends an individualized action plan and matches the person with psychotherapy or a coaching program.

Eligibility: Children, adolescents and adults

Referral: Physician referral required. The physician must complete this adult intake form:

<https://secure.jotformpro.com/form/42988204562966>

Fee: Assessment costs \$2,500. It is often covered by private insurance plans. Post-secondary students may be eligible for an OSAP bursary that covers a portion of the cost.

Springboard

1055 Yonge St., Toronto, ON M4W 2L2

Tel.: 416 901-3077

Fax: 416 901-3079

<https://springboardclinic.com> info@springboardclinic.com

Services: Three kinds of ADHD assessment for all ages. The organization offers ADHD coaching and therapy tailored to the needs of individuals or groups.

Eligibility: All ages

Referral: Physician referral required. The physician must complete this referral form:

<https://springboardclinic.com/wp-content/uploads/2022/12/Springboard-Combined-Referral-Form.pdf>

Fee: Depends on the assessment or therapy type

Note: Ontario residents who are unable to travel to the clinic may complete the assessment online.

Sunnylea Centre

190 Sherway Dr., Suite 306, 3rd floor, Etobicoke, ON M9C 5N2

Tel.: 647 499-6401

info@sunnyleacentre.ca

<https://sunnyleacentre.ca>

Services: Psychodiagnostics assessments to identify anxiety, depression, ADHD and obsessive-compulsive disorder. Different packages for therapy and coaching for all categories

Eligibility: All ages

Referral: No referral required. People can call to schedule an appointment, but family physician referrals are also welcome.

Fee: Services are not covered under OHIP. Contact clinic for details about cost.

Talk with Frida (national)

Tel.: 587 844-6287

Fax: 855 719-0483

support@talkwithfrida.com

www.talkwithfrida.com

Services: Free self-assessment to help determine a diagnosis. After a four-step assessment process, a clinician creates a treatment plan that may include medication. Clients who are prescribed medication check in monthly with a clinician who may adjust the medication.

Eligibility: Complete this two-minute self-assessment to see if you are eligible:

<https://app.talkwithfrida.com/province>

Referral: Self-referral

Fee: Contact the organization for details about cost.

Learning Difficulties

Learning Disabilities Association of Ontario

365 Evans Ave., Suite 202, Toronto, ON M8Z 1K2

Tel.: 416 929-4311

Fax: 416 929-3905

resources@LDAO.ca

www.ldao.ca/home

Services: Online workshops and courses, including a workshop for adult learning styles; online information about ADHD and learning disabilities

Eligibility: People with learning disabilities and ADHD, and their parents and teachers

Referral: Self-referral

Fee: Depends on type of workshop. Contact the organization for details about cost.